

# WHAT IS RAW HONEY?



Raw honey literally means, honey, “*as it exists in the beehive*”.

Raw honey is when honey is extracted from the honey combs (in our case by using the centrifugal method) and filtering it using only cotton cloth for filtering any impurities like - beeswax or any residues.

That is all there is – Raw Honey once filtered through the cloth is ready to be bottled and consumed by all. In contrast, regular honey involves pasteurization and filtration before final bottling.

## **DRAWBACKS OF REGULAR HONEY:**

Pasteurization or heating and then cooling of Honey - destroys the yeast found in honey. This is often used to extend the shelf life or to make honey a little smoother in texture. Also, filtration further removes impurities like debris and air bubbles so that the honey stays as a clear liquid for longer. This is aesthetically appealing to many consumers.

Some commercial honeys are additionally processed by undergoing ultrafiltration. This process further refines it to make it more transparent and smooth, but it can also remove beneficial nutrients like pollen, enzymes and antioxidants. Moreover, some manufacturers may add sugar or sweeteners to honey to reduce costs.

## WHY RAW HONEY IS PREFERRED AND RECOMMENDED:

Raw honey contains a wide variety of nutrients. It has approximately 22 amino acids, 31 different minerals and a wide range of vitamins and enzymes. However, the nutrients are only present in trace amounts.

What's most impressive about raw honey is that it contains nearly 30 types of bioactive plant compounds. These are called polyphenols, and they act as antioxidants. These antioxidants have several health benefits, including reduced inflammation and a lower risk of heart disease and certain cancers.

Many researches have shown raw honey is more helpful in reducing risk to heart diseases like - blood pressure and cholesterol, improve wound healing and even treat coughs.

Furthermore, an enzyme called glucose oxidase component known to be present in Raw Honey and absent from regular processed honey. This enzyme provides honey its antimicrobial and antibacterial properties! Unfortunately,

this enzyme can be destroyed by processes like heating and filtering.

## **BENEFITS OF RAW HONEY:**

Raw honey contains specific components that can offer health benefits. Pasteurization and other processes may remove or reduce some of these elements, which include:

1. bee pollen, which has antioxidant and anti-inflammatory properties
2. Rich in vitamins and minerals
3. Anti-bacterial and anti fungal properties
4. Helps in relieving pain
5. Helps cure cold and cough
6. High on enzymes providing antimicrobial properties
7. High on amino acids

If you want to be sure to get all the health benefits, then you should choose Raw Honey over regular Honey any day!

**Natural Raw Honey**